



*Growing Harvesting Preparing Sharing*

### **Dry Store List for your Kitchen Garden Pantry**

1 kg	salt	8 cans	coconut milk (400 g can)
1 kg	sea or river salt	2 kg	black olives
500 g	dried yeast	2 kg	brown lentils
10 kg	bread flour	6 pkts	egg noodles (250 g packet)
10 kg	plain flour (all purpose)	6 pkts	rice noodles (250 g packet)
10 kg	self-raising flour	1 kg	grated coconut
5 kg	wholemeal flour plain	200 g	sesame seeds
2 kg	semolina flour	10 kg	butter
1 kg	cornflour	5 kg	brown sugar
1 kg	couscous	5 kg	white/raw sugar
1 kg	polenta	5 kg	castor sugar (fine)
5 kg	chick peas	2 kg	icing sugar
500 g	baking powder	500 ml	pure vanilla
1 kg	cocoa	1 kg	dark chocolate
200 g	paprika	2 kg	parmesan cheese
1 kg	black pepper	1 litres	red wine vinegar
200 g	cayenne pepper	1 litres	balsamic vinegar
200 g	cumin seeds	1 litres	fish sauce
200 g	coriander seeds	1 litres	rice vinegar
200 g	cinnamon sticks	1 litres	soy sauce
200 g	ground cinnamon	1 litres	sweet chilli sauce
500 g	pine nuts	2 litres	tomato juice
5 kg	long-grain rice	20–40 litres	extra virgin olive oil
5 kg	arborio rice	5 litres	vegetable oil
2 kg	borlotti beans		floor cleaner
1 kg	currants		dishwashing detergent
1 kg	sultanas		dishwashing liquid
1 kg	raisins		liquid soap
2 jars	tahini (sesame paste)		laundry powder/liquid
16 cans	tomatoes (400 g can)		multi-purpose kitchen spray